

2024 WELCOME



YOUR PHYSIE FAMILY AWAITS YOU

Our Club

Speers Point Physie started out as Speers Point RSL Youth Club which was founded more than 50 years ago.

For more than 46 years, Margaret Gillespie (Mrs G) coached, mentored and dedicated her life to the women and girls (past and present) that were part of this fantastic club.

Now left in the hands of life members that Margaret personally mentored for decades, the club will live on and will continue to achieve as a result of her dedication.

Our teachers are certified, experienced and qualified in all ages and classes.



Our Mission Statement

To establish and maintain a friendly club environment where all members feel welcome and respected.

Our Values

- Respect for your teacher and her knowledge and experience.
- Respect for others and their capabilities and opinions.
- Commitment to practice and working as part of a team.
- Demonstrating good sportsmanship and competing for fun.
- Commitment towards making our club a great physie club to be part of.



Meet our Team



Donna

PRESCHOOLERS - 5-8 YEARS - ALL LADIES

I have been with Speers Point Physie my whole life and treasure the lifelong friendships I have made here. I share the love of Physie with my Mum, my two daughters, my Sisters, my Cousins, my Nieces, and of course, my many friends from all over.



Allana

9-12 YEARS - SENIORS

I've been doing Physie since I was 3 years old. My passion for teaching started when I began helping with the Juniors. I love Physie as it has taught me so much through my life. Resilience, hard work, and dedication. I'm so grateful for the life long friends I've made through Physie and I truly believe that Physie is more than just a sport!



Maureen "Mausey"

CLUB SECRETARY - PRE-SCHOOLERS

I started Physie as a beginner lady when I was in my early 30's. I only did Physie for a few years and always loved it. With 3 young kids, I just didn't have time but loved watching my little girl who started when she was 4. I've been involved with Speers Point in some form or another for over 30yrs & the friendships I have made will stay with me forever.



Becc

9-12 YEARS - 13-1ST YEAR SENIORS

I honestly don't know what life would be like without physie! I started when I was 2.5 years old. I joined Speers Point Physie when I was 8 and have been here ever since. I'm also a proud Physie mum and a proud Physie daughter. It's the fun times, dedication, friends, ups, downs, hard work, fitness, Physie goals and everything in between that make Physie so important to me.

Physie means the world to me and I can't wait to share my passion



Karin "Rinny"

5-8 YEARS - BEGINNER LADIES

Everyone knows me as Rinny. I joined Speers Point Physie in 1979, as a swayed back, pigeon-toed 10-year-old. Mrs. G was my teacher and my parents thought it would improve my posture. It did just that! I only did Physie for two years as a child.

At 33, I saw an ad in the local paper, advertising ladies classes and joined again and have continued for over 20 years. I love everything to do with Physie. I love our club and can't wait to share my passion with everyone

Mini Speersys 2- 4 Years

Our Mini Speersys (preschool) class is for girls aged 2 – 4 years and is choreographed to suit this age group.

It's a non-competitive class and is a fun and unique way to introduce your daughter to dance.

The Pre Schoolers aren't eligible to compete, however they can take part in our club & Interclub events.

With great role models to look up to, Physie girls learn about positive body image from a young age. They're taught to embrace fitness as a way of life and focus on what their bodies can do, rather than how they look.



Juniors 5-12 years

The training that girls receive in Physie crosses over into their school life, giving them focus and ability to achieve their goals. Physie's consistent emphasis on teamwork and self-motivation also sees students achieve greater academic results and better social skills.

Every year Physie helps shy, reserved girls to blossom with confidence and perform for an audience. Being part of a supportive, encouraging community does wonders for girls' self-esteem.



Seniors 13-19 years & Over

Our Senior classes are for girls aged 13 to 19 years and over. Senior Classes are broken into age groups with appropriate choreography taught by our experienced Physie teachers.

Speers Point Physie is passionate about nurturing students' total wellbeing, in both mind and body. Physie is an accepting and encouraging team sport, where every member is supported and motivated to be the best they can be.



Ladies

Our classes for ladies focus on fitness and a healthy body through our exercise and dance routines. Benefits include coordination, strength, balance, good posture, improving flexibility, healthy mind & body. Besides the physical benefits, Physie provides a chance to meet new friends whilst getting fit at the same time.

We're excited to be having a beginner ladies class again this year, so whether you haven't done physie before or want to come back after a long break this class is perfect for you.

There are many social events outside of class times which are enjoyed by all. Physie has been responsible for many lifelong friendships forming. A lot of our older members have returned to physie after doing it as a child and returning many years later.



Club Uniform

We are encouraging all members to purchase a class uniform upon registration as it will be easier for our teachers to correct positions and to keep us united as a club. A Kindy Leotard is available to purchase for our pre schooler class only. Other items pictured below are also available.

A baseball shirt and/or jacket are compulsory for competitions

Payment plans can be arranged if theres any difficulties



Kindy Leotard



Registration & Club Fees

Mini Speersys

Annual Club Registration - \$50.00

5 - 12 Years

Annual BJP Registration - \$99.00

Annual Club Registration - \$50.00

13 Years - Ladies

Annual BJP Registration - \$99.00

Annual Club Registration - \$50.00



Speers Point Physie is a registered provider of both Active Kids and Creative Kids. Save money with your registration and fees by redeeming your vouchers with us throughout 2024

Term 1	\$	Term 2	\$	Term 3	\$	Term 4	\$	Annual
12 th Feb - 10 th Apr 9 Weeks	Pub Hol	29 th Apr - 3 rd Jul 10 Weeks	Pub Hol	22 nd Jul - 25 th Sept 10 Weeks		14 th Oct - 20 th Nov 6 Weeks		Term 4 Free
Mini Speersys	\$0	Mini Speersys	\$0	Mini Speersys	\$0	Mini Speersys	\$0	
5-12 Yr	\$170	5-12 Yr	\$190	5-12 Yr	\$200	5-12 Yr	\$120	\$560
13-1 st Yr ,	\$204	13-1 st Yr ,	\$228	13-1 st Yr ,	\$240	13-1 st Yr ,	\$144	\$672
Seniors	\$75	Seniors	\$150	Seniors	\$150	Seniors	\$90	\$375
Ladies	\$204	Ladies	\$228	Ladies	\$240	Ladies	\$144	\$672
Beginner Ladies Extra Classes	\$120 \$12	Beginner Ladies Extra Classes	\$135 \$12	Beginner Ladies Extra Classes	\$150 \$12	Beginner Ladies Extra Classes	\$90 \$12	\$405

Term Fees must be paid at the beginning of each Term - Annual Fees must be paid by 10th April, 2024
Payment Plans are available for all age groups but must be paid by the beginning of term 4

If you pay your fees annually you receive the 4th term FREE

Class Timetable

Your Physie class is the age you will be as at 31st August.

If you are still unsure, please ask us.

We encourage you to attend both classes in your age group.

AGE GROUP	MONDAY	WEDNESDAY	LOCATION	TEACHER
Mini Speersys	3.30-4.00pm		Waratah Golf Club	Donna / Morsy Ava
5/6 Years	4.30-5.30pm	4.00-4.45pm	Cardiff Sen/Cit Hall Waratah Golf Club	Donna / Rinny Donna / Rinny
7/8 Years	4.30-5.30pm	4.45-5.45pm	Cardiff Sen/Cit Hall Waratah Golf Club	Donna / Rinny Donna / Rinny
9/10 Years	4.00-5.00pm	5.15-6.15pm	Waratah Golf Club Ulinga Park	Allana / Becc Allana / Becc
11/12 Years	4.45-5.45pm	5.15-6.15pm	Waratah Golf Club Ulinga Park	Allana / Becc Allana / Becc
13-1st Year Seniors	5.45-6.45pm	4.15-5.15pm	Waratah Golf Club Ulinga Park	Becc Becc
Seniors		7.00-8.30pm	Waratah Golf Club	Allana
Beginner Ladies	5.30-7.00pm		Cardiff Sen/Cit	Donna / Rinny
Open Ladies All Ladies	7.00-8.00pm	5.45-7.00pm	Cardiff Sen/Cit Hall Waratah Golf Club	Donna Donna

Venues

Waratah Golf Club
456 Lake Rd, Argenton

Cardiff Senior Citizen Centre
52 Harrison St, Cardiff

Ulinga Park Community Hall
1a Lodwick Ln, Cardiff South

Competitions

BJP Physie Members from all over Australia do different routines from the same syllabus which is taught and perfected by their teachers during the year. Competitions are individual and team oriented. There is the option to compete in 5 competitions during the year.

- 2 interclub competitions- These comps are known as the "dress rehearsals" or "practice Comps" before Zone
- Zone or Champion Girl/Lady- This Competition determines who will proceed to a National level.
- Team Competitions- This event would probably be most awaited and favourite competition during the Physie year. Eight girls/ladies in same age group/level work as one with each other, perfecting their timing and positions. Then they compete as a group on the competition floor (just imagine synchronised swimming on land 😊)
- Club Competition- This is a friendly competition within our club which usually includes our presentaion day. We celebrate and award our members on their hard work during the year.

Competitions aren't compulsory but we do encourage all members to give them a go as it teaches them success, resilience and teamwork. Physie builds confidence and the ability to challenge yourself mentally. Setting personal goals and working towards them with the help and support of your teachers and club brings about amazing growth.

Competitions

Dance classes can rapidly become expensive – shoes, costumes and recital costs all add up on top of the weekly fees. Physie is different. There are no hidden costs or expensive shoes and the only costume the girls require is a leotard or performance wear. Physie is an affordable way to learn to dance with a touch of glamour and a lot of fun!

In 2019 BJP introduced "performance wear" for members 13 years through to Ladies. And from 2022 onwards Juniors are now wearing performance wear aswell. They decided to move with the times and their aim was to empower girls and women. They wanted to cater for diversity and be inclusive so that everybody can feel comfortable and enjoy Physie





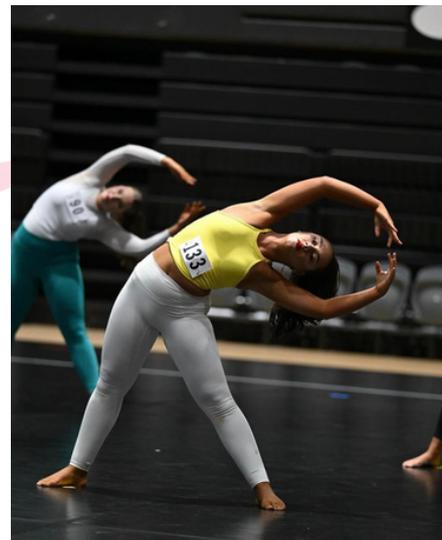
Junior Zone



Ladies Zone



Junior Teams



Senior Zone



Ladies Teams



Some of our Juniors
at Medal Comp



Sponsorship

Being a non for profit club we always welcome and very much appreciate any businesses or individuals that are willing to sponsor our amazing club. Money that is raised goes straight into the club to help with hall hire, trophies, administration and competition fees.

Thank you to our Sponsors



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Speers Point

PHYSIE



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Speers Point Physie



[speers_point_physie](https://www.instagram.com/speers_point_physie)



YouTube - Speers Point Physie TV

"See you soon"